Please note: Use these pictures to help estimate your usual serving sizes.

- Medium serving sizes are given on the Food Questionnaire.
- A small serving is about one-half (1/2) the medium serving size or less.
- A large serving is about one-and-a-half (1 1/2) times the medium serving size or more.

**Beef, pork, chicken and fish as a main dish**

Small (2 ounces)  Medium (4 ounces)  Large (6 ounces)

**Spaghetti and casseroles**

Small (1/2 cup)  Medium (1 cup)  Large (1 ½ cups)

**Vegetables such as green beans, corn, and potatoes**

Small (1/4 cup)  Medium (1/2 cup)  Large (3/4 cup)